

Time is ripe for tasty bruschetta



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metro

HALIFAX • THURSDAY, AUGUST 14, 2008

metronews.ca

Hottest looks to hit the books

Pg 11



CFIA warns of spoiled sliced meats

CONTAMINATED The Canadian Food Inspection Agency (CFIA), with co-operation from Maple Leaf Consumer Foods, is warning the public not to consume a list of Maple Leaf's ready-to-eat deli meat.

The warning comes after one person died and 16 others became ill with food poisoning that may be linked to the meat.

CFIA said the meats, which may be from companies like McDonald's, Schneiders, ML Sure Slice, Deli Gourmet, Mr. Sub, MSD, Burns, ML and FS, are contaminated with the bacteria *listeria monocytogenes*. Maple Leaf voluntarily recalled dozens of products as a precaution, according to a statement from the firm yesterday.

For more information, call Maple Leaf Consumer Foods at 1-800-568-5801 or CFIA at 1-800-442-2342 or TTY 1-800-465-7735.

TORSTAR NEWS SERVICE

Local page 2

Man dies in highway bike crash

Beijing page 10



Judges bane of Olympics

Celebrity page 22

Notebook's lovers reunite

Bolting to podium



Usain Bolt of Jamaica crosses the finish line yesterday as he breaks the world record with a time of 19.30 seconds to win the gold medal in the men's 200-metre final during the Beijing Olympic Games. **Story, page 10.**

Record-breaking run

N.S. teens top nation in sex smarts: Report

Province's youth report highest condom usage, at 90%

ROBYN YOUNG
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Teens in Nova Scotia are having more sex than they were a decade ago, but they're being smarter about it.

Yesterday, Statistics Canada reported the number of Canadian 15- to 19-year-olds who reported they'd had sex at least once dropped four percentage points to 43 per cent between 1996 and 2005.

In Nova Scotia, however, 49 per cent of teens report-

ed they'd had sex at least once in 2005 — up 18 per cent.

Most of the other provinces reported numbers that dropped a few percentage points or at least stayed the same.

Although Bluenose teens may be having more sex than they were in 1996, they're protecting themselves more.

Between 2003 and 2005, the number of Nova Scotia teens who reported using a condom the last time they had sex rose to 90 per cent from 77 per cent — the

highest condom usage in the country.

Janice Dempsey-Stewart, a Capital Health youth health co-ordinator who works in five junior high schools in Halifax, said she's not so concerned about the number of teens who say they've had sex, but whether or not they're being healthy about it.

She was thrilled to see the high percentage of Nova Scotia teens who reported using condoms.

"What's important is that they protect themselves."

As a youth health nurse for almost 20 years, Dempsey-Stewart said she's noticed a change in teens' attitudes toward sex.

"They're taking advantage of their rights as clients and they're not so embarrassed about asking for their health needs."

The teens she deals with are much more empowered about their sexual health than they were two decades ago, she said.

ShareYourViews

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Couple cited in another groping

LINDSAY JONES
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COUPLE Another groping victim has come forward. After hearing reports of a woman whose breasts were fondled while she was jogging in south-end Halifax Friday night, a man went to police.

The victim and his wife were walking along the Halifax waterfront at about 7:30 p.m. Friday when a woman, who was with another man, reached out and grabbed his nipple as they walked by.

When the man turned and looked back, the pair was gone.

"It looks like they were playing some sort of game. But it's not a game to the victims, it's a violation and a criminal offence."

Const. Jeff Carr

Police say it's probably the same pair involved in a similar incident around the same time near the Via Rail station Friday night.

"It looks like they thought they were playing some sort of a game," Halifax regional police spokesman Const. Jeff Carr said.

"But it's not a game to the victims. It's a violation and a criminal offence."

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Local



Beaches opened again

Perhaps we should rename them the Yo-Yo beaches. The city has re-opened Black Rock and Dingle beaches for the second time this summer, after closing them twice due to heavy rainfall. The beaches only opened for swimming last month, after the city deemed them safe to swim in because of the sewage treatment project. **METRO HALIFAX**

Tomorrow's Metro

Movies

Metro reviews The House Bunny, starring Anna Faris.



metronews.ca

What's online today.

Watch the daily Olympic wrap-up with a look at Usain Bolt's historic victory and China's dominance in diving
Search for jobs using Metro's Workopolis search
Play online Jumble Jong and Word Roundup!

Lotteries

Lotto 6/49 3, 6, 9, 27, 28 & 36. Bonus 45. These results are not official.

Pizza delivery man robbed

CRIME Police are looking for two men, armed with a hammer and a knife, who robbed a pizza delivery man Tuesday in Middle Sackville. The driver was pulling into a Fennerty Road driveway when he was robbed. He wasn't hurt. The two suspects are white men, between 16 and 19. One wore a red bandanna over his face, and both wore dark clothing.

METRO HALIFAX

News in brief

RAILWAY The Cape Breton Railway Victims Association didn't get an immediate resolution to its concerns after meeting with Premier Rodney MacDonald, but it did get a promise that the issues would be reviewed. Association chairman Ken Jardine and the victims association have spent months asking the province to intervene, saying new lease rates for land rented from the Cape Breton Nova Scotia Railway, and its parent company Rail America, aren't fair.

METRO HALIFAX

Input deadline extended

More ideas sought on planned changes to school boards

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There's more time to comment on proposed changes to the way school boards are run.

The Education Department extended the period for input on the changes yesterday after criticism about the quick timeline. Consultation was supposed to wrap up this week, but it will now go until Sept. 2.

"Because of vacations and

summer schedules, we decided our deadline may be difficult for some groups and individuals to meet," Casey said in a release.

Earlier this month, NDP education critic Percy Paris said the three-week period in the dog days of summer was a half-hearted attempt at consultation.

Casey proposes that school boards have the power to discipline members, by way of a public reprimand, suspension or by recommending that the minister fire them. She also

"To take the democratic process out of the school board system is a mistake."

Liberal education critic Leo Glavine

wants to scrap school board byelections and appoint people for vacant seats.

School board nominations close on Sept. 9. Election day is October 18.

Liberal education critic Leo Glavine welcomed the extension, but said the timing and the minister's wish to ditch school board byelections are serious concerns.

"To take the democratic process out of the school board system is a mistake," Glavine said in a release.

If the minister proceeds with her proposal to scrap byelections, Glavine said his party will introduce amendments to stop it.

"We shouldn't be over-seeing the education of Nova Scotian children with

half-measures and ministerial appointments," he said.

He said the new rules should also be finalized before nomination day so candidates know what they're getting into.

Casey's plan is to formally make the changes in the fall sitting of the legislature.

An Education Department spokesman said the main elements of the new rules will be announced prior to nomination day and be based on public input, including feedback from the Liberals.

What a long, strange trip it's been

RACHEL BOOMER
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These days, it's not rare for people to cycle across Canada as a fundraising venture.

But Sam Fields did it alone. For fun. Fields, a Grade 9 science teacher from Tacoma, Wash., started planning the trip last year, in honour of his 50th birthday. He's been biking about 130 kilometres per day since the end of June, when he took a ferry from Seattle to Victoria and began his journey.

"Instead of buying a little red sports car, I bought a little red bike," Fields said yesterday, as he washed his six-day supply of clothes at a Dartmouth laundromat.

"I think it's a guy thing. I'm not old, look. I biked across Canada."

Fields first began distance cycling when he was 21 and visiting Europe with friends from college. He keeps a diary on every trip, and estimates he's biked 60,000 kilometres in his lifetime. On this trip, he's



Sam Fields, 50, a teacher from Tacoma, Wash., biked across Canada for fun this summer. He didn't have time to get to Cape Breton or Newfoundland, though.

done over 7,000 kilometres. He camps nights, with a bedroll and tent he's brought with him. That's about it for creature comforts; he eats from grocery stores or in restaurants.

Along the way, he's en-

joyed the sights of Canadian nature.

"Through the Prairies, you get this vast ocean of yellow canola, and it feels like you're riding a boat through it. It's really beautiful."

Fields says he's lost 30

pounds on the trip, despite eating up to 4,000 calories per day.

He flies home tomorrow from Halifax, and says he's sorry he didn't have time to make it to Cape Breton or Newfoundland.

Search still on for missing man

PETITE RIVIERE The search for a missing Petite Riviere man entered its fourth day yesterday, with still no signs of him.

Edwin Sperry, 61, hasn't been seen since Saturday evening. The volunteer fireman was used to the outdoors and knew the area well.

He was reported missing by his wife Sunday morning when she discovered he hadn't slept in the family home.

Search teams continued to expand. Yesterday around 200 people scoured the woods from RCMP and three different search and rescue groups. A Department of Natural Resources helicopter with heat-seeking equipment has also been used to no avail.

The search is set to continue today.

Taplin said the RCMP would not release any specific information about the victim until after family members had been notified.

PAUL MCLEOD/METRO HALIFAX



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Motorcyclist dead in highway crash

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One man is dead after a single-vehicle motorcycle crash yesterday on Highway 118.

"A motorcyclist travelling northbound on the highway

near the Miller Lake and Highway 102 exit, appears to have lost control and struck the guardrail," said RCMP spokesman Cpl. Joe Taplin.

The crash happened around 1:30 p.m. and the highway was closed at the Fall River/Waverley exit for about three hours after.

Drivers were diverted onto Highway 102 during that time.

Taplin said the RCMP traffic collision analyst remained on scene for several hours after the collision, conducting a reconstruction of the incident in hopes of determining the

cause of the crash.

He said road conditions were normal at the time of the crash and no other cars were involved.

Taplin said the RCMP would not release any specific information about the victim until after family members had been notified.

More lakes to avoid

The city says Fletcher's Lake and the north and south basins of Lake Thomas in Fall River have high fecal coliform bacteria levels. They are not supervised swimming areas. **METRO HALIFAX**

Carving jewelry from boards

Colchester County couple craft pieces from old skateboard decks for global market

Down a dirt road and overlooking a scenic valley in Greenfield, Colchester County, Jeff Whidden sits in a little prefab shed crafting jewelry for people half a world away.

"I can put a lot of hours in here before it starts to be work,"

laughed Whidden.

Jeff and his wife, Jann, have been developing their business, which makes jewelry out of old skateboard decks, since last December.

Using the Internet to sell their products from their online store at www.2revert.com, business has

"It's nice to go back to a point in my life where I can be artistic again."

Jeff Whidden

been booming, to the point where Jeff recently left his job of 14 years at Intertape Polymer Inc.

"Polymer was good to me, but it's nice to go

back to a point in my life where I can be artistic again," said Jeff.

The idea to make something from old skateboard decks came to Jann after

seeing the amount of waste that goes through the balefill facility in Kempton where she works. So much of that material could be reused, she said.

The husband and wife duo work as a team when making their creations. Jeff cuts out the items

from the decks and sands them down, then Jann puts on any metal bits they need and applies the finishing touches. Orders have been coming in from all over the world, including Europe, Australia and New Zealand.

**COLIN MACLEAN/
THE TRURO DAILY NEWS**

Orchardists putting firm roots into industry with new trees

APPLES Don't panic! That's the message apple growers are spreading to Valley neighbours watching thousands of trees chopped down, rooted out and bulldozed into burn piles.

"People aren't trying to get out of any particular varieties — or any apples, if that's the perception out there," said N.S. Fruit-growers board member and Waterville grower

Lloyd Dyck.

"They're going to the modern-day orchard."

Well into a combined federal and provincial funding program, orchardists are putting firm roots into the future of the industry: Honey Crisp, Ambrosia, Sweet Tango and Gala; cherries and peaches. Twenty-five, 30-year-old and even older trees are being replaced.

METRO HALIFAX

Pictou County farmer may have found fuel in a haystack

ENERGY A Pictou County farmer has come up with an answer to soaring energy prices and it's growing in his fields.

Gus Swanson has created the Waterside Hot Water Hay Pellet Furnace. The farmer, who has also designed and built a furnace to burn large round bales, says hay is a renewable re-

source that's sustainable and economical.

"Two acres of hay will heat a home for the winter. Four per cent of the land in Canada can produce enough hay to heat every home in Canada."

It burns as cleanly or cleaner than any fossil fuel, he added.

METRO HALIFAX

News in brief

THEFT Police are looking for two men who stole cash and cigarettes from the Needs store on Herring Cove Road at 3:15 a.m. yesterday. There's no description of the suspects, but investigators believe they also stole lottery tickets from a locked Needs on Sackville Drive at 2 a.m. If you have any information, call RCMP, Halifax Regional Police, or Crime Stoppers at 1-800-222-8477.

ROBBERY Investigators are looking for a man who robbed JC's Convenience on Albro Lake Road wielding a steak knife at 10:35 p.m. Tuesday. Police report the thief was a white male in his early to mid-20s, 5-foot-6, 150 pounds, with blue eyes. He was wearing a red fleece hoodie, a dark blue bandanna over his nose and mouth, blue jeans and black gloves.

JAYWALKING A 24-year-old pedestrian jaywalking at Quin-

pool Road and Newton Avenue was hit by a car at 5:15 p.m. Tuesday. The woman wasn't seriously hurt and was taken to hospital as a precaution.

FOUND A nine-year-old boy was found yesterday before police and search teams had a chance to start looking for him. The boy had had a fight with his family at 5 p.m. and was reported missing at 6 from his Dartmouth home. Teams set up to look for him, but he was found safe in Cole Harbour and returned home by 9:30 p.m. before the search got underway.

CHARGES Police have charged a 35-year-old woman and a 16-year-old male with drug trafficking and firearms charges after a Herring Cove Road home was searched at 12:30 a.m. yesterday. The teen is also charged with breaching three probation orders.

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Car rebate cut short

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Nova Scotians have until the end of the year to get a discount on fuel-efficient vehicles.

Last year the government announced the EcoAuto Fuel Rebate Program that gave people up to a \$2,000 tax rebate for buying environmentally friendly vehicles. But that program died in the recent spring budget.

That means the rebate no longer applies after Dec. 31 of this year. Also, it only applies up to 2008 model vehicles, so when they run out you can't get the same deal on an '09 model.

Vehicles applicable for

the rebate include the Toyota Prius and Yaris, Honda Civic Hybrid, Ford Escape Hybrid, Nissan Altima Hybrid and smart cars. A complete list is available at Transport Canada's website. According to one smart car dealer, many people have been taking advantage



of the rebate.

"The sales have been very, very brisk with smart car. It's been met with or exceeded supply," said Patrick O'Regan of the O'Regan's

auto company.

"I think (the rebate) has definitely been a positive factor as well."

Though popular, the smart car is impractical for some because it only has two seats.

A four-seat smart car does exist, but only in Europe. Those cars are built to European certification standards and thus can't be driven in North America. Vehicles can only be certified for one region or another.

Still, O'Regan says many options exist for environmentally friendly four-door vehicles. "There are some very attractive vehicles from a fuel-consumption perspective that are available," he said.

Pooch's life in judge's hands

An East Chezzetcook woman says the fate of her dog Brindi, right, is now in the hands of the courts.

Francesca Rogier says the city rejected her offers to look at other solutions

rather than putting down the mixed-breed dog.

The city ordered Brindi to be euthanized for acting aggressively towards other animals.

METRO HALIFAX



Back-to-school Head of the class



Mikayla Banks, 14, (left) and her cousin Santiesha Williams, 12, did some back-to-school shopping yesterday at Mic Mac Mall with their moms Alisha Williams and Michelle Banks. Both girls, students in Dartmouth, are excited about hitting the books again in a couple of weeks.

News in brief

MOTORCYCLE CRASH A female motorcycle rider became pinned under a truck after colliding with it on the MacKay Bridge yesterday. The motorcycle and truck collided at about 4 p.m. and the driver was extricated by emergency crews and taken to hospital with non-life threatening injuries.

SOCIAL HOUSING Ottawa has given \$1.9 million to build a

20-unit housing complex for people with mental health and addictions problems. The Maynard Street project will be funded through a two-year, nearly \$300 million homelessness program. The federal government also gave \$150,000 to the Mi'kmaq Native Friendship Centre, to help homeless people or those who might become homeless.

METRO HALIFAX

Protesting police conduct

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A group of citizens plan to protest against alleged police misconduct at the Halifax police station today.

The demonstrators are demanding a public inquiry into the way police officers treated protesters during the start of the Chebucto Road widening project last month. "There's going to be a number of people who are putting in complaints and letters of concern about the way the demonstrations were policed," said Chebucto Road Neighbourhood Association Joe MacDonnell.

On July 4 and 7, police arrested eight people as workers cut down trees to make room for the city's controversial road-widening project at Chebucto and Mumford roads. The protest organizers allege police used excessive force, bullying tactics and abusive language when arresting two people who were later released.

The peaceful demonstration starts at noon outside the Gottingen Street station.



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A car bomb in Algeria yesterday killed 12 Algerian employees of Canadian engineering and construction firm SNC-Lavalin Group Inc. and wounded about 15 others, the company said. No Canadians were hurt. **REUTERS**

Canada



It's a bird, it's a plane, it's lanterns

Reports of a plane crash in eastern Newfoundland that sparked an intensive search-and-rescue operation Tuesday turned out to be children playing with Chinese lanterns. Someone mistook the metre-wide burning lanterns for a burning plane and called police, who tracked down the young boys sending lanterns into the sky on balloons. **CBC NEWS**

World's richest tour oil sands

Warren Buffett and Bill Gates, two of the world's richest men, toured Canadian Natural Resources Ltd.'s Horizon oil sands project near Fort McMurray, Alberta, this week.

According to local media reports, Gates and Buffett visited the \$9.3-billion project Monday. Horizon is slated to begin operations later this year.

The men were given details on the Canadian oil industry by the Canadian Association of Petroleum Producers.

With reserves of about

173 billion barrels, the oil sands are the largest oil reserves outside the Middle East. The region's producers plan to spend more than \$100 billion developing the resource and output is expected to nearly triple to 2.8 million barrels a day by 2015.

Buffett, the world's richest person, according to Forbes magazine, is chairman of diversified holding company Berkshire Hathaway Inc. Neither he nor Microsoft Corp co-founder Gates could be immediately reached for comment. **REUTERS**

All pieces recovered in museum heist

VANCOUVER The last Bill Reid pieces, a gold eagle brooch and carved argillite pipe, stolen in May from the University of

B.C.'s Museum of Anthropology have been recovered, RCMP in Vancouver said yesterday.

METRO NEWS SERVICES

Fireworks Oh Canada!



A fireworks display by Team Canada lights up the sky over Putrajaya dam during the Malaysia International Fireworks Competition 2008 in Putrajaya outside Kuala Lumpur yesterday.

Dion drives green plan

OAKVILLE Liberal Leader Stéphane Dion says Ontarians living in auto towns have every reason not to trust Prime Minister Stephen Harper as he shops for votes in Ontario.

Dion spoke to Torstar News Service before attending a 1,000-strong meeting in Oakville — his biggest crowd to date as he test-drives his proposed carbon tax in the lead-up for what is increasingly looking like a fall federal election.

"Right now, to address the

slowdown in our economy and the long-term problems if we don't act, the main strategy is to bring the economy and the environment together ... It is to find a way to have sustainable development here in Oakville and Canada right now," he said to loud applause.

Dion predicted Canadians will punish the Conservatives for taking a country with a healthy budget surplus to the edge of financial deficit.

TORSTAR NEWS SERVICE

Asbestos cleanup nears end

TORONTO The asbestos cleanup of the area rocked by the explosion at Sunrise Propane should be done by tomorrow, but the city could be on the hook for as much as \$1.5 million in costs.

The city stepped in late last week after Sunrise failed to clean the residential

neighbourhood. Private contractors have been hired for the cleanup with one final sweep expected Saturday. To date, the exteriors of 303 properties have been cleaned. In light of the explosion, the city is reviewing its bylaws regulating hazardous substances.

TORSTAR NEWS SERVICE

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Your guide to everything Halifax

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World/Business

Russian pullout is 'unsatisfactory'

GEORGIA Russian military trucks trickled back into Russia from Georgia yesterday, but no armoured vehicles or artillery passed and there was no sign of the large-scale rapid pullout demanded by the West.

The White House said Moscow needed to move

faster than it already has. Germany described the situation in Georgia as "very unsatisfactory."

Russian President Dmitry Medvedev said on Tuesday Russia would withdraw its forces from Georgia by Friday under a peace plan brokered by France.

But diplomats say Russia appears to have secured its military objectives and is in no hurry to leave. It wants instead to secure maximum advantage from occupying a troublesome neighbour whose pro-U.S. policies have angered it, they say.

REUTERS

News in brief

CAREERS Women are their own workplace enemies when it comes to cracking the glass ceiling, with an international study finding they are less likely to promote themselves and

network than their male counterparts.

PAKISTAN Two missiles struck a house in Pakistan's South Waziristan region on the

Afghan border yesterday, killing six suspected militants, a security official said. The house was owned by a man known to have connections with foreign militants. **REUTERS**

Plane crash kills 153

A Spanish jet heading for the Canary Islands crashed on takeoff and burst into flames at Barajas Airport in Madrid yesterday, killing 153 of those onboard, the government said.

Smoke billowed up near Terminal Four from the remains of Spanair's Flight JK5022, an MD-82 jet bound for Las Palmas in the Canary Islands, which broke into pieces in an accident which Development Minister Magdalena Alvarez said left 19 survivors.

The 15-year-old plane, carrying 166 passengers and nine crew, shot off the runway at 2:45 p.m. local time, according to Spanair, and witnesses described a huge explosion.

"Only the tail was recognizable, there was wreckage scattered all over the place and dead bodies across a wide area. A lot of them were children," Ervigio Corral, who headed the emergency services' rescue effort,



A relative of a passenger on the Spanair jet that crashed arrives at Barajas Airport in Madrid.

told reporters.

Survivors were flung from the plane by the force of the

impact and landed in a stream, saving them from more severe burns, Corral said.

Alvarez said the cause of the accident seemed to be "an error in takeoff." But Spanish media and a source close to the situation said the plane's left engine, which was made by Pratt & Whitney, had caught fire.

REUTERS

"There was wreckage scattered all over the place and dead bodies across a wide area."

Ervigio Corral

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Business

June retail sales show slowdown

ECONOMY Canadian retail sales climbed 0.5 per cent in June due to soaring gasoline prices, but in volume terms sales fell 0.4 per cent, indicating consumer spending is slowing but not enough to drag the economy into recession.

Consumer spending has been keeping the economy buoyant amid fewer exports. Economists expect gross domestic product to have grown in June and in the second quarter. **REUTERS**

In brief

LIBYA Petro-Canada said a fire in a 450,000 barrel oil-storage tank at a Libyan petrochemical and refining complex has not affected its field operations or its financial results. **REUTERS**

SMART PHONE Palm Inc. unveiled the Wi-Fi and GPS-equipped Treo Pro yesterday. The Microsoft-based smart phone will compete for business users against rivals such as Research In Motion's BlackBerry. It will sell for \$549 U.S. It will be available through Vodafone, O2 and Telstra. **REUTERS**

THE DAILY BUSINESS BUZZ

Federal Gypsum meeting:

The creditors of the bankrupt Federal Gypsum wallboard plant in Point Tupper are scheduled to meet on Sept. 3 in Halifax. Federal Gypsum filed for bankruptcy in July, saying a slowdown in the U.S. housing market and high fuel costs made it impossible to operate. It owes \$32 million to 90 creditors.

Toledo terminal agreement:

Representatives of a proposed deepwater container terminal in Melford signed an agreement with officials at the port of Toledo. The agreement commits the two ports to joint market studies and a review of cargo shipments that could flow between Toledo and Melford.

Etruscan ups gold production:

Etruscan Resources Inc. reported yesterday that its Youga Gold Mine located in Burkina Faso, West Africa is projected to achieve positive cash flow in August on production of 5,600 ounces of gold. In the first half of August, production was over 2,700 ounces.

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Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Kobe powers U.S. into hoops semis

BASKETBALL Kobe Bryant scored 25 points to lead the United States men's "Dream Team" into the Olympic semifinals with a 116-85 win over Australia yesterday.

The Americans will face Argentina, which defeated Greece 80-78 yesterday, in the final four.

Spain, paced by 20 points from NBA star Pau Gasol, earned a 72-59 victory over Croatia to set up a semifinal against Lithuania, 94-68 winners over hosts China.

Cuba, Korea roar into medal round

BASEBALL Cuba signalled they are not about to surrender their Olympic crown without a fight after pulverizing China 17-1 in seven innings to complete baseball preliminary round play yesterday.

South Korea also underlined their gold medal aspirations by pummeling the Netherlands 10-0 in eight innings to finish with the only unbeaten record (7-0), one game ahead of Cuba. Canada (2-5) lost 6-5 in 12 innings to Chinese Taipei. **REUTERS**

Sports in brief

CANOE-KAYAK Waverley's Karen Furneaux failed to qualify for the K-4 500-metre final at the Olympics in Beijing yesterday. Her crew placed fourth in the semifinals. She is scheduled to compete in the K-1 500 semifinal today.

SYNCHRONIZED SWIMMING First-time Olympians Isabelle Rampling of Burlington, Ont., and Marie-Pier Boudreau-Gagnon of Riviere-du-Loup, Que., finished sixth in the duet event yesterday at Beijing Games. **METRO NEWS SERVICES**

Medal count

Rank	Nation	Gold	Silver	Bronze	Total
#1	U.S.	26	28	28	82
#2	China	45	14	20	79
#3	Russia	13	14	18	45
#4	Britain	16	10	11	37
#5	Australia	11	12	13	36
#6	France	4	12	14	30
#7	Germany	11	8	9	28
#8	South Korea	8	10	6	24
#9	Japan	8	6	9	23
#10	Italy	6	7	7	20
#11	Ukraine	5	5	8	18
#12	Netherlands	4	5	4	13
#13	Canada	2	6	5	13

(Count at the end of Day 12)

Save the judging for reality TV

Taekwondo scandal that cost Canadian highlights Olympic problem

YorkReport

Marty York

marty.york@metronews.ca

Just as I was beginning to really enjoy the Olympics again — just when Canadian medalists **Simon Whitfield** and **Priscilla Lopes-Schliep** had me feeling almost as enthusiastic about the Games as I was during my childhood — this scandalous taekwondo nonsense surfaces in Beijing.

The fiasco hit me hard, almost as hard as one of those body blows that supposedly scores points for taekwondoers but mysteriously didn't for B.C.'s **Ivett Gonda** in her match against Sweden's **Hanna Zajc**.

A medal hopeful entering the Games, Gonda received no points from the judges and lost. And then her obfuscated coach appealed the judges' decision. And then I remembered something I loathed about the Olympics. Judges.

They were right up there alongside my other Olympic pet peeves — steroid use, political propaganda, stupid television coverage and corrupt governing bodies.

But as Whitfield soared to silver in the triathlon and as Lopes-Schliep leaped to bronze in the 100-metre hurdles — and while the Beijing Games seemed devoid of anything on my hate list — I actually started to like watching the Olympics again.

And then the taekwondo judges went and spoiled it all by doing something stupid like screwing over Ivett Gonda.

The appeal was rejected, of course, and Gonda was officially eliminated. "I was ripped off," she lamented.

It's a claim Olympians make far too often. In 2002, remember, Canadian figure skaters **Jamie Sale** and **David Pelletier** were deprived of their due rewards by judges at the Winter Olympics until public pressure prompted a rare revision and they garnered gold. Gonda wasn't as lucky, and she's peeved.



Ivett Gonda of Port Moody, B.C., right, was heavily favoured in her women's 49-kilogram round of 16 taekwondo match against Hanna Zajc of Sweden, but lost in a controversial judging decision.

Frankly, I don't know if Gonda was shortchanged or not because I don't know taekwondo from tiemys shoes. But I certainly know judging is subjective and consequently leaves itself open to second-guessing, conspiracy allegations and appeals. Which make a mockery of the Olympics. It is time, simply, to abolish sports that include judging. If a sport's results aren't obvious — if you haven't scored more goals or more points than your opponents or you haven't beaten them to the finish line — dump it. Olympic brainiacs are dropping softball and baseball. Dumb, eh? These are sports whose winners are easily discernible.

But taekwondo? Who knows what's behind judges' decisions? Ditto for boxing. And fencing, and trampolining, and gymnastics. And figure skating.

Dump them all. Let me enjoy the Olympics again.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

'Shocked' Bolt thunders to gold

Usain Bolt produced another barely believable performance of dominant sprinting to break Michael Johnson's untouchable world record yesterday and add 200 metres gold to the 100 he won in record time four days ago.

While the Jamaican crossed the line dancing in his preferred race, needing all his lithe power to finish in 19.30 seconds, 2/100ths better than Johnson's mark and more than 3/10ths ahead of his own previous best.

It made him the ninth man to complete the Olympic double and the first since Carl Lewis in 1984, but he is the first to take both races with world records.

"I'm shocked, I have been aspiring to the world record for so long," said Bolt, who achieved the mark despite a 0.9 second headwind. "I ran the cor-



Usain Bolt of Jamaica reacts after breaking the world record with a time of 19.30 seconds to win the gold medal in the men's 200-metres final yesterday at the Beijing Olympics.

OnlineVideos
metronews.ca

ner as hard as possible and once I hit the straight I told myself to keep it up. The 200 medal has been

my dream."

Behind Bolt it was chaos. Churandy Martina of Netherlands Antilles, seven metres adrift, finished second ahead of American Wallace Spearmon but both were disqualified for

running out of their lanes.

Defending champ Shawn Crawford, who crossed the line fourth in 19.96, was promoted to silver while Walter Dix added a belated second bronze to the one he won in the 100. **REUTERS**

No softball medal for Canadians

SOFTBALL Fourth places finishes sting in every Olympic event.

But the pain cut a little deeper for Canada's softball team after a 5-3 loss to Australia yesterday, as they failed to reach the bronze medal game, gone forever their chance at Olympic glory.

With softball set to be dropped from the Olympic program after the Beijing Games, today's medals will be the last handed out at a Summer Games unless the sport wins its fight for reinstatement in 2016.

Even if softball does return to the Olympic fold in eight years most of the players who took part in Beijing will have long retired, making coveted Olympic medals even more precious.

The U.S. will face Japan for gold today. **REUTERS**

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11

Back^To School



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SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Head of the class

RAFAEL BRUSILOV
for Metro Canada



The start of the school year is almost here, so it's time to make sure your wardrobe isn't stuck in last year's classroom regalia.

GAP Inc. spokesperson Tara Wickwire says polo shirts are more prevalent than ever this season, with jumpers and graphic T-shirts similarly popular. A layered look is key — remember to mix and match different pieces of clothing effectively to create a look that combines different colours with patterns like plaid and argyle.

"Take advantage of the opportunity to express your individual style," she said.

As for younger students, Wickwire says the line is blurring between generations. "A lot of trends we see for adults are

reflected in kids' fashion," she said.

Girls are moving away from reveal-



A layered look from Old Navy: Women's sweater vest, \$24.50; roll-sleeved dress shirt, \$24.50; denim mini skirt, \$25.50; and preppy punk tie, \$19.50.

ing clothes and embracing the colourful, relaxed style of hit TV shows like *Gossip Girl*, Wickwire says.

"For girls, we're seeing a Bohemian trend with floral print dresses, cord pants, berets and bright shades. It's a refreshing change," she said.

Robin Keeler, fashion director at the Yorkdale Shopping Centre in Toronto, suggests being picky about colours to keep your wardrobe focused.

"Stick with a few colours — don't have every colour in the rainbow in your wardrobe. You can mix and match a few colours easily to maximize the wardrobe," Keeler said.

Denim jeans and zip-

An affordable back to school look from Old Navy: Tie, \$19.50; short-sleeved dress shirt, \$19.50; and cotton sweater vest, \$19.50.



LEFT: V-neck Henley top, \$14.50; and Capri pants, \$19.50. RIGHT: Solid rugby top, \$16.50; ribbed tank top, \$9.50; and rugby skirt, \$15.50. All girls' items available at Old Navy.

front hoodies are staples that won't go out of style anytime soon and can fit into just about any look. Blouses and cardigan sweaters are also hot this season.

"Cardigans are very, very hot. If they're oversized, they're really comfy and warm. You can wear them with a skinny belt for a very cute look," Keeler said.

For the guys, everything starts with a pair of relaxed-fit jeans. Cargo pants are also a great choice and graphic T-shirts are always in style. Particularly hot this season: Leather jackets are making a comeback due to their versatility.

"A great leather jacket is something you can get a lot of wear out of," Keeler said.

Hoodies are an even greater fashion piece for

guys as they always look good on men and happen to be highly functional, Wickwire said.

Don't let your wardrobe stress you out though, Keeler says. Check your closet thoroughly and only spend big bucks on things you know you'll use often.

"See what still works, so you know what trendy pieces you have to work with and prioritize what items you need to get. Spend the most money on things you'll wear the most," Keeler said.

This look incorporates one of this season's hottest items: The leather jacket (\$227 at Bebe).



Hoodies — like this yarn dye stripe knit hoodie, which is \$29.80 at Urban Behavior — are hot items for back to school.

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The Nokia 5310 XpressMusic mobile phone, left, is small enough to fit in a pencil case. Features include a music chip that provides 18 hours of music and a video recorder. Available at Rogers Wireless for \$69.99 with a three-year term. **METRO NEWS SERVICES**

Get mobile

Getting in gear

Items aimed at students include laptops, cameras

RICK MCGINNIS
Metro Canada



Dell Inspiron 1525 laptop (\$499.99-\$999.99)

What is it? Dell's student-priced laptop, with a 15.4" widescreen LCD and anywhere from an Intel Celeron 540 chip to a Core 2 Duo T7250. Also, some flash graphic designs on the lid and a MacBook-inspired matte silver finish. **What works?** College life today is about travelling light, and since you don't want to be hauling a DVD player into residence, the 1525 has an HDMI port to output to an HD screen. Not that its regular screen is shabby — easy to view from most angles without greying out its blacks, it's

a fine movie and gaming PC. **What doesn't work?** It's a heavy beast — weighing in at 6 lbs. at its lightest configuration — and the speakers are weak; you'll need headphones or accessory speakers if anyone more than a couple of feet away is going to hear anything. Also, no pre-installed MS Office suite — you're going to have to spend extra to use it to write essays.

Toshiba Satellite A300 laptop (\$849-\$1,149)

What is it? A glossy black laptop based around Intel's Centrino duo chip, with a 15.4" widescreen LCD and a Harmon Kardon sound system. **What works?** Fully-featured, with MS Office and

an HDMI output for movie nights, it's a fast machine thanks to the Centrino chipset, and its relatively tiny speakers push out impressive sound.

What doesn't work? Viewing angles on the LCD screen are tight and blacks glare out at the edges of the image if you aren't dead centre.

Palm Centro (\$299.99 with Rogers)

What is it? A compact cross between a media cell phone and a PDA meant for text-happy youth with a touch screen interface.

What works? The Palm OS is simple and intuitive, and the full QWERTY keyboard will make messaging suddenly effortless for anyone used to texting on a numerical keypad. Think of it as a PDA with training wheels — and easy Facebook accessibility, which is not something your average Blackberry user

looks for. **What doesn't work?** The keyboard is tiny, but when you graduate to a full-sized PDA phone you'll feel like you've left the woods for wide open spaces. Touch screen functionality is partial — you'll need to click and select. And would it have hurt to have a couple of games? No Minesweeper, never mind Solitaire.

Olympus E-420 digital SLR with 14-42mm zoom lens (\$579.99) **What is it?** Olympus' entry-level digital 10 megapixel SLR, with a compact wide-

to-standard zoom.

What works? For some reason, there are more and more young people walking around with SLRs around their necks, seemingly having graduated from pocket-sized point-and-shoots in search of more control over their picture taking. The E-420 is a good place to start — light and compact, but with a decent set of SLR features. Controls are well-placed, and anyone used to snapshot camera kludginess will feel liberated by the responsiveness of a real SLR — it's a great first camera for photo students, with access to Olympus' fantastic range of lenses.

What doesn't work? The control wheel on the top can only do so much — you'll need to dig into the menus to disable the automatic flash, for instance, if you want to work in available light; a "flash off" button, found on most point-and-shoots, would have been nice. SLRs add options, but some could have been more upfront.

Panasonic Lumix DMC FS3 digital camera (\$199.99) **What is it?** A solid little budget snapshot camera with a smashing little Leica lens on the front and an 8.1 megapixel chip and a 2.5" LCD screen. **What works?** Panasonic's Intelligent Auto picture

mode is smart and flexible, and handles low light situations with relative ease. The screen is bright and sharp, and the shooting modes — including a 16:9 panorama — useful for scenic shots when travelling. **What doesn't work?** While most camera makers are moving toward

minimal interfaces, Panasonic still packs their cameras with buttons and switches, which can make for clumsy handling on such a tiny camera. The easy zoom button, while useful — it quickly snaps the lens into a close-up — is close enough to the shutter to get tapped while framing a shot.

Hot accessories

Here's a word to Google: Monopoly. It's more than a game, and while a lot of people will say it's a bad thing, at least you don't have to worry about half a dozen competing word processing programs — Microsoft Word stands alone in its field, and your profs won't appreciate you handing in your term paper in Lotus Word Pro. The **Office Home and Student suites for Mac (\$199.95)** or **Windows (\$99.99)** has Word, in addition to Excel and PowerPoint. The Mac version also includes Entourage and Messenger, while the Windows version adds OneNote.

Microsoft also makes a wide range of quality peripherals, including the **Wireless Notebook Optical Mouse 3000 (\$49.99)**, a compact unit that stores its wireless dongle in its base when not in use.

There are a lot of laptop bags on the market, most of which look like the sort of nasty stuff hippies drag into hostels all over Europe. Belkin made its name with stylish computer peripherals and accessories, and their computer bags are clean and stylish and come in a variety of colour combinations. The **Slim backpack (\$49.99)** and the **Ceylon messenger bag (\$49.99)** sport at least a dozen useful pockets for everything from pens (yes, you still need them) and mp3 players without looking like an old pair of cargo pants.

— RICK MCGINNIS



The Toshiba Satellite A300 laptop, left, and the Dell Inspiron 1525 laptop.

Smaller, better music gadgets make the grade

RICK MCGINNIS
Metro Canada



Once upon a time, move-in day at university residences meant sweating parents helping their kids lug milk crates of records and/or dense boxes of CDs up worn stairs to their rooms.

The digital age has made that image as quaint as glee clubs, and those ponderous and heavy music collections can be stored on mp3 players the size of a deck of cards. Count

yourself lucky, you perfidious little music thieves.

Belkin's line of iPod and mp3 accessories includes the **TuneTalk (\$69.99)**, a quality stereo microphone attachment for nearly every model of iPod that lets you record lectures directly onto your player and download them onto your computer, elegantly replacing a voice recorder in your bag. That's one less thing to carry around, forget or lose — a big plus in an age when the student lifestyle resembles nothing so much as a well-subsi-



The RockStar, by Belkin.

dized hobo.

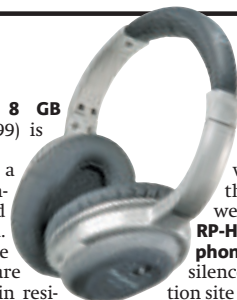
Belkin also makes the **RockStar (\$19.99)**, a simple but handy device that lets you and up to four friends listen in on your playlists, or mix between the two by subtracting one pair of

headphones and plugging in another player with the added cable.

Microsoft's Zune encourages musical networking with its Social online software that allows Zune owners to connect around their musical tastes. It began as a punchline, but Seattle's challenge to Apple's iPod became a solid piece of hardware by its second generation — though Zune's software still has limitations compared to iTunes, the players are actually more solid and reliable than the iPod.

The **Zune 8 GB player (\$179.99)** is Microsoft's nano, with a smoother interface and better sound. And since stereo wars are still thriving in residences, you might want to invest in the **Zune Home A/V Dock (\$79.99)**, which connects your player to any sound system or TV and has a remote that's also a lot more usable than its Apple counterpart. The marvel of noise-can-

celling headphones isn't just that they work, but that they work so well. Panasonic's **RP-HC500 headphones (\$199.99)** silenced a construction site and a bustling food court at lunchtime to a hushed whisper while delivering rich, detailed music — something to think about when you're needing refuge from your roommate's beery hooking up in the other room every weekend.



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The Detroit Red Wings re-signed forward Aaron Downey to a one-year, two-way undisclosed contract yesterday. Downey signed with Detroit last season and appeared in 56 games for the Red Wings, registering three assists and 116 penalty minutes. **METRO NEWS SERVICES**

Sports

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Canada draws Jamaica

Bad goal results in a costly home tie in Cup qualifier

Canada x Jamaica x

Four minutes from halftime, Canada's Julian de Guzman and Jamaica's Ricardo Gardner converged on a ball bouncing near midfield, then collided, each landing flat on his back.

De Guzman hopped up first, trotted over to Gardner and extended a hand to Gardner to help him up, but the Jamaican midfielder refused it. The Canadian offered once more, but again Gardner turned him down, then turned over and stood up on his own.

The message from Gardner was clear.

This wasn't a friendly. This was a scoreless tie in a World Cup qualifier. This was for real.

De Guzman, whose mom is from Jamaica,



Canadian Adrian Serieux flies to the ball behind Deon Burton of Jamaica at BMO Field last night. The game ended in a 1-1 draw.

made a statement of his own two minutes into the second half, when his left-footed drive skidded along the turf, past Jamaican goalkeeper Donovan Rick-

etts and into the corner of the net.

But Canada couldn't capitalize on the goal, and five minutes later gave up the equalizer in a game

that ended 1-1.

The announced crowd of 21,978 was among the largest ever at the perpetually sold-out BMO Field, and though slightly outnumbered, the Jamaican supporters matched Canada's fans in both passion and volume.

The draw gives each team a single point as they open the group stage of CONCACAF World Cup qualifying. Canada next faces Honduras Sept. 6 in Montreal, four days before travelling to Mexico for another qualifier.

Five minutes after the opening goal, Jamaica's Andrew Williams curled a corner kick toward Canada's net. Canadian keeper Pat Onstad couldn't catch it cleanly and the ball bounced off his hands and into the net. Onstad was charged with an own goal.

TORSTAR NEWS SERVICE

Rams' Jackson to end holdout

St. Louis Rams running back Steven Jackson, left, is expected to end his lengthy holdout. The club's web site cited team sources close to the situation as saying Jackson would return and take a physical on this morning. Jackson is searching for a long-term contract extension from the club with negotiations expected to resume upon the running back's arrival.

METRO NEWS SERVICES

Jeter, Pettitte lead Yankees past Jays

Yankees 5 Blue Jays 1

MLB Andy Pettitte was dazzling on the mound and Derek Jeter had three hits, including a two-run homer, as the New York Yankees crushed the Toronto Blue Jays, 5-1, in the middle contest of a three-game set.

Pettitte (13-9) gave up just one run on five hits while fanning four over seven innings to get the win, which snapped a four-start winless streak for the lefty. Brian Bruney tossed two scoreless innings in relief.

"I really felt good with all my pitches," said Pettitte. "I felt like I was able to mix them up, I kept them off balance for the most part and got into a good rhythm."

Johnny Damon went 2-for-4 with an RBI and two runs scored for the Yankees, who have won three of their last four games



Yankees starting pitcher Andy Pettitte lead New York to a 5-1 win over the Jays last night.

overall. Xavier Nady had a pair of hits and drove in a run and Jason Giambi added a sacrifice fly.

David Purcey (2-4) was saddled with the loss as he was touched for five runs on seven hits in four innings of work. Brian Tallet, Jesse Carlson and Jason Frasor combined to allow just three hits over the final five innings.

METRO NEWS SERVICES



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N.Y. Yankees 5 Toronto 1
Baltimore 11 Boston 6
Chicago White Sox 15 Seattle 3
Cleveland 8 Kansas City 5
L.A. Angels 5 Tampa Bay 4
Minnesota 3 Oakland 1
Texas 9 Detroit 1
NATIONAL LEAGUE
Cincinnati 2 Chicago Cubs 1
Milwaukee 5 Houston 2
N.Y. Mets 6 Atlanta 3
Philadelphia 4 Washington 0
St. Louis 11 Pittsburgh 2

SAN DIEGO AT ARIZONA

Colorado at L.A. Dodgers
Florida at San Francisco
TODAY'S GAMES
AMERICAN LEAGUE
Kansas City at Cleveland, 1:05
N.Y. Yankees at Toronto, 8:07
Minnesota at L.A. Angels, 11:05
Oakland at Seattle, 11:10
NATIONAL LEAGUE
Cincinnati at Chicago Cubs, 3:20
Colorado at L.A. Dodgers, 4:10
Florida at San Francisco, 4:45
Washington at Philadelphia, 8:05
Atlanta at N.Y. Mets, 8:10
San Diego at Arizona, 10:40
St. Louis 11 Pittsburgh 2

CFL

EAST DIVISION

W	L	T	PTS
5	3	0	10
3	5	0	6
2	6	0	4
2	6	0	4

W	L	T	PTS
6	1	0	12
4	3	0	8
4	3	0	8
4	3	0	8

WEST DIVISION

W	L	T	PTS
6	1	0	12
4	3	0	8
4	3	0	8
4	3	0	8

WEEK 9

TONIGHT'S GAME

Saskatchewan at Edmonton, 10

TOMORROW'S GAME

Calgary at B.C., 11:30

Griffey ties Sosa on home run list

MLB Chicago White Sox slugger Ken Griffey Jr. struck his 609th home run against the Seattle

Mariners yesterday to tie Sammy Sosa for fifth place in the all-time list.

The 38-year-old slammed a 2-2 pitch from RA Dickey with two outs in the second inning for his first homer since joining Chicago at the end of last month from the Cincinnati Reds.



Ken Griffey Jr.

REUTERS

Sports in brief

NFL Philadelphia Eagles wide receiver Kevin Curtis will undergo surgery today for a sports hernia.

MLB The Washington Nationals acquired infielder Anderson Hernandez from the New York Mets yesterday. The move completes a trade that sent Luis Ayala to New York in exchange for a player to be named later — Hernandez.

METRO NEWS SERVICES



AUGUST SCHOOLS

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Aug. 23-30

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455-3388

5693 Spring Garden Rd.
492-3388

NEW MINAS

County Fair Mall
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SACKVILLE

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564-9400

TRURO

Truro Mall
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YARMOUTH

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114 Woodlawn Rd.
433-0994

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354-5486

NEW GLASGOW

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752-5888

PICTOU

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The Hockey News names Crosby NHL's best

Cole Harbour's Sidney Crosby, left, was named the NHL's No. 1 player by The Hockey News in the publication's annual yearbook. He edged out No. 2-ranked Alexander Ovechkin. Former Halifax Mooseheads goalie J-S Giguere is 24th. **METRO HALIFAX**

Marsh key for Dunbrack

Golden Boot winner leads undefeated team into playoffs

MATTHEW WUEST
matthew.wuest@metronews.ca

Mike Marsh has been as good as gold this summer.

The Halifax Dunbrack Bremner's winger torched Nova Scotia Soccer League Premiership goalkeepers for a league-best 15 goals, enough to earn him the first Golden Boot award of his career heading into this weekend's playoffs.

The secret to Marsh's good offence, he says, is Dunbrack's good defence, which allowed a meager 11 goals as the team cruised to the regular-season banner with a 19-0-0 record.

"We have a lot of guys who pick up your defensive responsibilities if you want to take more risk," the 22-year-old Marsh said. "It gives me a lot more chances to be creative and go forward and get in the box in position for crosses."

Marsh and striker Luke Corey are Dunbrack's go-to offensive players. Corey potted 13 goals of his own, and nobody else on the team finished with more than four.

Dunbrack's midfield runs through Danny Bachar, while long-time Premiership standouts Jay Robinson, Jon Marsh, Eduardo Farias and Sean Fitzgerald anchor the defence corps.

Marsh, who won a national university title last fall with the British Columbia Thunderbirds, has played five seasons in the Premiership. In 2005, he scored 11 times with Scotia while riding shotgun with the prolific Ryan Devereaux.

"Everything went

Nova Scotia Soccer League Premiership Playoffs at Mainland Common

- **Men's semifinals**
- Saturday
- (1) Halifax Dunbrack vs. (4) Dartmouth, 5 p.m.
- (2) Halifax County vs. (3) Halifax City, 7:30 p.m.
- **Championship**
- Monday
- Semifinal winners, 8:30 p.m.
- **Women's semifinals**
- Saturday
- (1) Dartmouth vs. (4) Scotia, noon
- (2) Halifax Dunbrack vs. (3) Halifax City, 2:30 p.m.
- **Championship**
- Monday
- Semifinal winners, 6 p.m.

through Ryan back then and it was just a lot of taps, but it's the same thing with these guys this year," Marsh said. "With the way Danny Bachar can cross, the balls are just sitting there to tap in. They make it easy."

The Dartmouth native is technically a midfielder, but he has free reign to

attack and defence isn't a primary concern.

The breakout wasn't entirely unexpected.

"He was due for it," said teammate Dan Fournier. "He might not have produced at this level in the past, but he's always had the ability. He works hard for his goals. He has scored

some that were easy, but he's earned a lot of great goals."

More offensive contributions will be expected from Marsh on Saturday, when Dunbrack faces Dartmouth United in the semifinals at 5 p.m. at Mainland Common.

Dunbrack has a chip on its shoulder this year. It won last year's regular-season banner, too, only to fall in the championship game to Halifax City Coldwell Banker.

"We spent so much time last year worrying about them and how we were going to beat them," Fournier said. "This year, we're just focusing on ourselves. We're going to try to execute our game plan and make them worry about us."



Halifax Dunbrack Bremner winger Mike Marsh scored a league-best 15 goals during the regular season to earn his first Golden Boot. Dunbrack will face Dartmouth in the semifinals on Saturday.

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Nova Scotia fourth at golf tourney

GOLF Nova Scotia finished fourth in the 36-hole inter-provincial team competition at the Canadian men's mid-amateur golf championship yesterday in Qualicum Beach, B.C.

Clare's Rob Collins led the way with a 2-over 74 for a two-day 149 and a share of 10th spot. Aaron Nickerson of River Hills also shot a 74 yesterday and is tied for 16th.

The third round of the 72-hole stroke-play event continues today.

METRO HALIFAX

Dartmouth builds from within

MATTHEW WUEST
matthew.wuest@metronews.ca

SOCCER Dartmouth United Super City Windows was far from the talk of Nova Scotia soccer circles back in May.

But after a 12-3 regular season, top-seeded Dartmouth is the team to beat heading into the Nova Scotia Soccer League Premiership playoffs this weekend at Mainland Common.

Led by veteran striker and Golden Boot award winner Sarah Drake, Dartmouth faces fourth seed Scotia Elegant Flooring on Saturday at noon in the semifinals.

"In the end, we were more consistent than the other teams over the course of the season," Dartmouth head coach Jeff Aucoin said. "We have a good mix of young players with athleticism and veteran players who are great leaders."

The pre-season favourites, defending champion Halifax City Salty's and Halifax Dunbrack Lane Home Furnishing, will face off in the other semifinal at 2:30 p.m.

Both teams bolstered their lineups in the off-season, with City adding multi-Golden Boot winner Mary Beth Bowie and Dunbrack picking up high-scoring striker Leanne Huck.

But Dartmouth built from within, surrounding Drake and the veteran core with young talent. Victoria Parkinson, 15, and Courtney Conrad, 16, graduated from Dartmouth's youth program and scored seven times each.

"They made the jump within the club," Aucoin said. "It's not always possible to bring players up through the club, but if you can, that's the right way to do it. That's the club motto we try to have here."

Dartmouth has a 2-1 head-to-head record with Scotia, but lost 3-1 in July and is wary of its semifinal opponent.



Sarah Drake and Dartmouth United finished 12-3 in the regular season. They are set to face Scotia in the semifinals on Saturday.

Sports in brief

SOCCER Three Nova Scotians have earned invites to national soccer camps. Halifax native Molly Allen will participate in Canada's under-20 women's training camp, while Sackville natives Nkem Ezurike and Jenna Goobie will compete at Canada's under-17 women's camp.

BASKETBALL Nova Scotia's girls team improved to 2-0 at the Canadian under-17 basketball championships in Charlottetown yesterday with a 65-53 victory over British Columbia. The boys team improved to 1-1 with a 105-51 win over Newfoundland.

METRO HALIFAX

Another tomato tip?

Here's a tip from Cook's Illustrated Magazine to lengthen the life of tomatoes that do not have a stem attached: Store tomatoes stem-end down at room temperature — this prevents air from entering and moisture from exiting its scar (left from where the stem once grew). Who knew? **METRO NEWS SERVICES**

lifestyle **17****Food**

"A ripe field tomato should be firm, not rock-hard, and have a slightly supple quality to its surface; it should feel heavy for its size."

Barb Holland/for Metro Canada

**Don't worry**

The occasional small surface cracks at the bottom of a tomato won't affect its quality.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

The timeless tomato**À la carte****Barb Holland**

Metro Food Writer

The buzz is all about Heirloom tomatoes. Found in farmers' markets and roadside farm stands, they come in a range of colours (red, brown, yellow, purple, white and bi-coloured), texture and size (from pea size to quite large). Heirloom tomatoes are from seeds carefully preserved and passed down over decades, keeping their character and flavour intact. Heirloom or not, locally grown field tomatoes remind us what tomatoes are supposed to taste like. As a kid, the first ripe tomatoes of the season would be sliced, slathered with mayonnaise and put between two slices of squishy white bread. (It was about the tomato, not the bread.) My tastes are now somewhat more sophisticated as I devour bruschetta while tomatoes are in season.

Bruschetta

Is so easy it doesn't really need a recipe, but here are a few tips to pass along. Have fabulously flavoured ripe tomatoes, good quality olive oil, good bread and fresh basil. I also like to soften garlic in the microwave for a few seconds to take off the raw edge.

METHOD:

Dice 2 to 3 (depending on size) ripe tomatoes and place in a colander. Sprinkle lightly, but evenly with salt and let drain in sink for 15 to 20 minutes. Gently stir occasionally.

Meanwhile, slice good quality ciabatta or other rustic artisan bread and grill until toasted on both sides. Rub one side with sliced raw garlic and cut into manageable sizes.

Mince fresh garlic (1



Locally grown field tomatoes remind us what tomatoes are supposed to taste like — use fresh, ripe ones for the best bruschetta.

clove to 2 to 3 tomatoes) and place in small microwaveable bowl. Add 2 to 3 tbsp (30 to 60 mL) good quality extra virgin olive oil. Microwave 20 to 30 seconds — do not boil (about 10 seconds/tbsp oil). Transfer tomatoes to a bowl. Add oil and garlic, chopped fresh basil (about 1 tbsp/15 mL per tomato) and salt and pepper to taste. Top bread with tomato mixture and serve immediately.

Tips:

• There are hundreds of varieties of tomatoes from tiny currant, cherry, grape tomatoes to large beefsteak that can weigh up to one kg. The larger tomatoes can be categorized into three main types:

Round (slicing/table) are medium-sized, globe-shaped that are ideal for eating raw.

Roma or Plum are plum-shaped, thicker-fleshed and less juicy than the Round variety. These are a good choice for preserving, sauces and cooking.

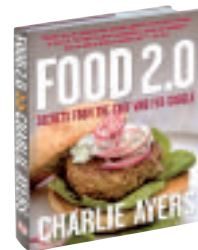
Beefsteak are large juicy tomatoes good for slicing into salads and sandwiches.

• Good for you: One medium tomato has 25 calories and is a very good source of fibre, Vitamin A, Vitamin C, Vitamin K, potassium and manganese.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.



This recipe is excerpted from Food 2.0: Secrets From The Chef Who Fed Google, below, available in hardcover from Amazon.ca for \$17.64.

When you google 'great food'

In a cutting edge cookbook for the Internet generation, Google's legendary founding super-chef, Charlie Ayers, tells you everything you need to know about the newest nutrition buzzword: Brain food. Raw, organic and fermented is Ayer's mantra, which is reflected in more than 90 easy-to-prepare recipes. DK Publishing offered Metro this recipe from Food 2.0: Secrets From The Chef Who Fed Google:

Coconut-Oatmeal bars with Chocolate Chips

Pack these in your bag and eat them on the way to work.

INGREDIENTS:

• 60g (2oz) unbleached

plain flour

• 1/4 tsp baking powder

• 1/4 tsp fine sea salt

• 115g (4oz) rolled oats

• 115g (4oz) unrefined

light brown sugar, lightly

packed

• 60g (2oz) dried, unsweet-

ened, desiccated coconut

• 60g (2oz) bittersweet or

semisweet chocolate chips

• 85g (3oz) unsalted

butter, melted and cooled

to room temperature

• 1 large egg, lightly beat-

en

• 1/4 tsp natural vanilla ex-

tract

METHOD:

Preheat the oven to 180°C (350°F/Gas 4). Lightly oil an 8in (20cm) square baking tin and set aside.

Sift the flour, baking powder and salt into a

mixing bowl. Stir in the oats, brown sugar, coconut, and chocolate chips. Stir together the melted butter, egg, and vanilla, then add to the flour mixture and stir just until blended.

Avoid mixing more than needed. Transfer to the prepared pan and level the surface.

Bake until slightly risen, golden, and just firm to the touch, about 25 minutes. Put the tin on a rack and let cool before cutting into triangular or rectangular bars or squares.

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What you wear may be just as important as what, and who, you know to getting up the career ladder, according to a leading Australian fashion and marketing consultant Serena Beirne. She says employees should think of themselves as products and "package" themselves to sell well. **REUTERS**

Style



Nivola to star in Coco biopic

Alessandro Nivola, left, will star opposite Audrey Tautou in the Coco Chanel biopic *Coco avant Chanel*. Anne Fontaine is directing the French film. Nivola, who is learning French for the role and likely will be the only American in the feature, will play Chanel's lover Arthur Capel, a dashing polo player who sponsored the fashion designer, helping her open her first store and influencing her masculine suit designs. His death in an auto accident was described as the most devastating event in Chanel's life. **REUTERS**

FASHION EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Style File

Kim Elbo

kim.elbo@metronews.ca

ask kim

I bought a pair of shoes but they are bit tight. What can I do to stretch them out?

Only shoes made out of natural fibres like leather and suede can be stretched. Try asking a shoe repair shop if they can stretch your shoe out, but you may have to leave your shoes for an overnighter. E-mail your style questions to kim.elbo@metronews.ca.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

The oversized cardigan



\$45

Classic Stripes
Designer: American Eagle
Shop: American Eagle
Address: Various Locations
ae.com



\$50

Knitwear
Designer: H&M
Shop: H&M
Address: Various Locations
hm.com



\$75

The Boyfriend Cardigan
Designer: DC
Shop: Plenty
Address: Various Locations
getplenty.com



\$60

Blouse
Designer: Bedo
Shop: Bedo
Address: Various Locations
bedo.ca



\$90

Tunic
Designer: Banana Republic
Shop: Banana Republic
Address: Various Locations
bananarepublic.com



\$95

Tank
Designer: Free People
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cardigans

Push those plain block colour cardigans aside this fall season; we are seeing cardigans that are knitted or printed with classic, stripes, polka dots and argyles. Stealing your boyfriend's cardigan or buying one at a vintage shop is the look that designers are going with this season. Look for masculine prints and colours. The oversized fit goes with the whole masculine look and this is perfect for layering.

tip: To avoid those dreaded little pills that appear on your sweaters after putting them in the dryer, lay your knits flat to dry.

fall florals

Flowers are still blooming in the fall. Although we won't be seeing them in ground we'll be more than happy seeing them on shirts, skirts and accessories. Look for fall florals in a variety of prints from geometric poppy prints like the Banana Republic tunic to free flowing painted flowers like the Bedo blouse and the Free People tank.

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registration begins at: 9 am
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Mitch MacDonald touches down today

Canadian Idol contestant Mitch MacDonald, who has made it into the Top Four of the show, will arrive at Halifax Stanfield International Airport today at 4 p.m. He will then perform in Port Hood, Cape Breton, tomorrow at 5:30 p.m.

METRO



19

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Hip-Hop King

50 Cent has overtaken Jay-Z to be named the Hip-Hop Cash King of 2008. The Candy Shop singer made a staggering \$150 million US in the last 12 months, according to Forbes. MUSIC-NEWS.COM



Sand dunes that deceive

Photo exhibit illustrates unique character of Great Dunes National Park

DEAN LISK
dean.lisk@metronews.ca

It looks like an arid desert — kilometres of wind-carved sand dunes — but it sits cradled within the Rocky Mountains.

"It's hard to believe it is in Colorado, it could be the Sahara," Joseph Szostak said. "It is a great place for photographers. There is so much going on with light, and you can see in the photos the dunes are five or six different colours."

A Halifax-based photographer, Szostak is currently exhibiting images of Great Dunes National Park as part of a show at ViewPoint Gallery.

The former Colorado resident went to the dunes with a fellow Halifax photographer as part of a photo shoot. They spent four days exploring the area, which is located between the San Juan Mountains and the Sangre de Cristo — blood of Christ — range.

His images capture the vast rolling sand, and the redness of the mountains behind them. There is a tension between the rocky and craggy peaks and the smooth look of the dunes.

Having studied Miksang, a contemplative way to ap-



For his show at ViewPoint Gallery, Joseph Szostak photographed the Great Dunes National Park in Colorado.

proach photography. Szostak tries to train his lens on the first thing that catches his eye. This turned out to be a difficult undertaking on the dunes.

"It tries to work with the first glance, whatever captures your attention. And this was a challenge because it is so new and spectacular. Everything catch-

es your attention."

What caught his eye the most was the feminine quality of the dunes, with their roundness, fullness, and the play of light and shadows against the sand. He was also struck by the wind, which constantly changes the texture and shape of the landscape.

People appear in some

of the photographs, like a trekker bundled up and protected against the wind and the sand flying through the air.

"The wind was fierce one day, and I wasn't really prepared for it," Szostak said. "I had to keep my camera in my little jacket, and tried to keep my eyes from facing the wind."

if you go ...

- What: Temple of Sand, photographs by Joseph Szostak
- Where: ViewPoint Gallery
- When: Through Sunday, Aug. 31

Rostad back out on road

TV Wayne Rostad is on the road again, the host of the CBC show *On the Road Again* is touring the region this fall, and will appear at the Rebecca Cohn Auditorium on Rostad Oct. 28.

Tickets are \$36 to \$38. Call 494-3820. They go on sale on Monday, Sept. 8.



Von Trapp kids coming to town

MUSIC Halifax will come alive with the sound of music this November, when the Von Trapp Children make their first appearance in the Maritimes.

They will sing many of the songs made popular in the feature film about their family.

They will take the the Rebecca Cohn Auditorium stage on Nov. 18. A ticket price has not been announced. Call 494-3820.

Pop Explosion expands lineup

MUSIC Jay Reatard, Josh Ritter, The Sun Parlour Players, Basia Bulat, and Sebastien Grainger & The Mountains have been added to the lineup of the Halifax Pop Explosion, which takes place Oct. 21 through 25.

For more information on the festival, visit halifaxpopexplosion.com.

Ra Ra Riot

Album: The Rhumb Line

Label: Barsuk

Rating: ⓈⓈⓈ

THERE'S SOMETHING odd about engaging in cheery chamber pop knowing that the person who co-wrote half of the material — drummer John Pike — accidentally drowned in the midst of the Syracuse, N.Y. group's 2007 tour. No coincidence that Ra Ra Riot's full-length debut is chock full of nautical and death themes. Yet rather than wallow in mournful cello-and-violin-fuelled elegies, the band soldiers on in bouncy tuneful fashion as if to focus its energies

more on celebrating life and survival. **Ian Nathanson**

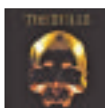
The Stills

Album: Oceans Will Rise

Label: Arts & Crafts/EMI

Rating: ⓈⓈⓈ

MONTREAL ROCKERS The Stills haven't had an easy go of it since they released their debut in 2003. First pegged as Interpol rip-offs, their second album was so lackluster that people nearly wrote them off. The band's third effort, which is filled with infectious, well-rounded pop songs, should quell the critics. Disc opener *Don't Talk Down*, has a fantastic jump-inducing beat, while *Everything I Build* is an engaging,



CDReviews

music@metronews.ca

atmospheric keyboard track that lightly recalls U2. Despite a couple of bland songs, this should be the disc that puts The Stills back on the map. **Bryan Borzykowski**

Divine Brown

Album: The Love Chronicles

Label: Warner

Rating: ⓈⓈⓈ

LIKE JULY BLACK, Divine Brown is a Toronto R&B singer who has found her niche in retro stylings of '60s and '70s soul. What sets Brown (and Black) apart from the other



young urban yodellers on the contemporary R&B circuit is the power and range of her voice. And, yes, it's good — at times reminiscent of Marilyn McCoo of the Fifth Dimension. All 12 songs are Brown originals with songwriting help from Canadian craftsmen like Ron Sexsmith (*Sweet Surrender*), and Colin Munroe (*I Need Your Love*). Brown is best when she plays the retro stuff straight up, like on the opening single *Lay It On The Line*. There are times, however, when she pours it on a little too thick and the result comes a little too close to parody. There's also a couple of disco throwbacks here. Do we really need to revisit that era again?

Graham Rockingham

Ice Cube

Album: Raw Footage

Label: Lench Mob/EMI

Rating: ⓈⓈⓈ

ABOVE SOME movie-stylized funk grooves, the former N.W.A. MC and actor is still capable of channeling his gangsta attitude towards corporate and political types on this eighth solo outing. But when you hear Cube railing about "My style never changed in 22 summers" and "... Don't worry 'bout money, boy, 'cos I got plenty" on *It Takes A Nation*, one has to question his style of incessant n-bomb drops and endless rambling about feeding his family.



Ian Nathanson

In brief

FILM Three films made as part of the One-Minute Film Scholarship will be screened during the Toronto Urban Film Festival taking place Sept. 5 through 12. The public film festival will see films screened in Toronto transit locations. The films include *The Old Crick* by Sonia Edworthy, *Nuit Blanche* by Francois Gaudet, and *Rebecca Singer Ramblers: Halifax Synchroized Bike Team* by Rebecca Singer.

MUSIC Music Nova Scotia is partnering with Feed Nova Scotia during its upcoming music week from Nov. 6 through 9. People will be able to make donations at various locations around Pictou Co., which is hosting this year's festival and award show. **METRO HALIFAX**

Gypsophilia is hitting the road at the end of this month, touring across Ontario and Quebec. The group will perform for passengers on Via Rail, then in a number of cities through Labour Day weekend. Visit www.gypsophilia.org for more information. **METRO HALIFAX**

Anna Zee steals The Scene

HalifaxScene



The Scene was busy soaking in the summer this week, taking in all kinds of events. With Jamie Paterson enjoying a much-deserved vacation, I'm stepping in to try and make sure The Scene is covered. There was a lot on the go, but I was up to the challenge.

The Halifax International Buskerfest, in its 22nd year, continues to entertain people on the Halifax waterfront. Lots of people strolled the boardwalk and watched the various buskers do their thing.

On Wednesday, I dropped by the Carleton, where there was a party for the new Steven Bowers' CD, *The Homing*. Steven was joined on stage by his band, The Acoustic Theft. The Scene can't get enough of Steven, so we were psyched to hear he did another show Tuesday night with Christina Martin at The Seahorse.

Last weekend, the inaugural Halifax Weekend to end Breast Cancer brought 650 people to the Garrison Grounds.

Participants walked 60 kilometres over two days, fundraising for a Breast Health Centre in Halifax. Special congrats to Francine Hollohan, the top fundraiser, who brought in more than \$52,400. To all who participated, good on ya. Heads up, podiatrists — you may have a surge in calls this week with all the sore feet in town.

On Saturday night, many well-wishers came out to say goodbye to Rick Howe, host of *The Hotline* on CJCH. Rick was with CJCH for 30 years — time flies when you're having fun. The Shore Club event included a tribute to Rick, and he received his dream gift, a motorcycle rental. It's all good. Hey Rick, don't let the door hit you on the way out — just kidding, all the best to you.

The second annual Seaport Beerfest took place behind Garrison Brewery. Despite the rain, spirits were at an all-time high. I got to sample a few of the more than 100 beers, but left most of the sampling to the beer connoisseurs. So many beers, so little time.



Enjoying the Seaport Beerfest are Gina Enlee, from left, Tony Zareski and Ryan Crawford.



Steven Bowers' CD release party at The Carleton. Steven Bowers, from left, Hilda MacDonald, Mike Campbell and Jonathan Verbuyst, who is visiting from Belgium.



Rick Howe's goodbye party at The Shore Club in Hubbards. Rick Howe, from left, Amber from The Bounce and Q104's J.C. Douglas.

What to do? Pace yourself. Easier said than done, but professionalism won out.

That's it for another week. Next week, The Scene is all about David Cassidy at Casino Nova Scotia and Molson Give-R

at The Argyle on Friday. I'm sure other events will pop up, and The Scene will be there ... you know it!

When she's not filling in for Jamie Paterson on The Scene, Anna Zee hosts The Electric Lunch on Q104.



Soaking in the sounds of Steven Bowers at The Carleton. Nadine D'Entremont, Sergio Khircha, Joe Menutt and Sarah Kirk.



Local hip-hop artist Classified and his wife Kim showed up for Rick Howe's goodbye party.



Volunteers for the Cancer fundraiser: Debbie Conzelmann, left, and Patti Quagliarini.



Nick Christie, Nick Horne, Kai Miller, Judith Booth and Michelle Horne do some Beerfest sampling.



Sandra Chaisson, Nancy English and Paula White just walked 60 kilometres for the Weekend to end Breast Cancer, but they still have smiles on their faces.



The Weekend to end Breast Cancer's top fundraiser Francine Hollohan, right, with her sister, Paula Campbell.

No TV for French tots

France's broadcast authority has banned French channels from airing TV shows aimed at children under three years of age to shield them from developmental risks it says television viewing poses at that age. METRO NEWS SERVICES

Putting the 'zero' in 90210

IntelleVision



NOTHING TO SEE HERE, PEOPLE: The year in TV began in crisis with the writers' strike, so it's somehow appropriate that crisis — troubling rumours, sudden cast and setting changes, stories of battles on set and in the writers' room — are mostly what we're hearing from the handful of new shows currently in development and no small number of old ones.

It's a weird win-win for the networks — they get press for their new shows without having to show anyone any footage that would confirm or deny the anticipated monster suckage about to break over us.

Besides the misbegotten *Life On Mars*, the resuscitation of *Beverly Hills 90210* has been a constant source of dismal rumour, which has been all that anyone has to go by, especially

since the CW network's announcement earlier this week that, contrary to usual practice, it would not be previewing any of the new shows to critics in advance of its September premiere. "We're not hiding anything," read the press release. "Simply keeping a lid on 90210 until 9.02, riding the curiosity and anticipation into premiere night, and letting our constituents see it at the same time."

Roger Catlin, TV critic for the *Hartford Courant*, has his nose out of joint about this: "This year, using the excuse of the writers' strike, only CBS sent out a substantial number of their fall pilots," he wrote upon hearing of the 90210 embargo.

"Fox has been eking them out slowly. But there's been nothing from ABC but a second season opener for *Private Practice*, nothing from the CW and nothing from NBC (who added to the insult by showing the season premiere of *Heroes* at Comic Con but not at TV critics press tour the week before."

With the deadline on fall preview pieces looming, Catlin and many other TV



Ashley Newbrough, left, and Kate Hale are in the new 90210.

critics are feeling anxious, having nothing to write about from the big four networks. This critic, of course, feels no such anxiety — I see no reason to abandon standard practice of ignoring most of the new shows until at least one of them starts getting a bit of viewer traction, upon which I'll download what I've missed from the internet and write something that'll simply glow with brilliant hindsight.

Catlin, on the other hand, seems miffed at what feels like a broken covenant between the networks and their attendant media: "The networks' growing contempt for the press translates into con-

tempt for the consumers of the press — the public." To that end, he pledged to ignore 90210 in kind until he has something to actually watch.

This critic will go one step further, and pledge to extend my informal policy of ignoring a show that I had no interest in during its original incarnation to any and all further installments of the 90210 saga, at least until something really stupid happens and I have a perfect joke for the occasion.

Until then, I pledge that this column will remain 90210-free.

Rick McGinnis writes about music, movies, books and television, but not opera.

ABC is moving forward with a male Supernanny spinoff

REALITY TV ABC is going ahead with its plans for a male-based Supernanny.

The network will air a pilot episode of Supernanny in the fall. The spinoff's format will remain similar to the original, with a child-development expert lending a family in crisis some tough-love guidance.

But instead of professional nanny Jo Frost leading the living-room intervention, gruff Chicago child therapist Mike Ruggles will step in.

"With a guy, he can connect with dads in a different kind of way," executive producer Nick Emmerson said.

Ruggles' approach to defusing family disputes will differ somewhat as well.

Ruggles encourages parents to learn how to play with their kids and get to know them.

"It feels different to have a guy come in to work with your kids," Emmerson said. "A woman has a woman's touch, and people are more accepting and ready for her advice. We had to find the right person who has real authority and a gentle touch, as well."

REUTERS

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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/21/08	31	31	31	ABC News (N)	ABC World News	Inside Edition	Chronicle	Ugly Betty (HDTV)		Grey's Anatomy		Practice
	7	7	7	ASN Twice in a Lifetime	Wheel-Fortune	Jeopardy!		Grey's Anatomy		Grey's Anatomy		The Collector
	11	11	11	CBC XXIX Summer Olympics (HDTV) From Beijing. Beach volleyball, men's bronze and final; athletics; baseball, semifinals. (Live)								
	2	2	2	CBC-F XXIX Jeux Olympiques	Chine	La Zone olympique (N) (SC)				Le Téléjournal	XXIX Jeux Olympiques	
	32	32	32	CBS News (N)	Evening News	The Insider (N)	Entertainment	Big Brother 10 (Live)		CSI: Crime Scene Invstgn.		Flashpoint (N)
	69	69	69	CFTM TVA 18 heures	Sûreté-sûr	Jerry la grande gueule ** (1967, Comédie) Jerry Lewis.				Héros (HDTV) Une explication.		TVA 22 heures
	6	6	6	CHIF ET Canada	Kitchen Nightmares	Ramsay's Kitchen Nightmares				Big Brother 10		News (N)
	9	9	9	CJCH TMZ (N)	Jeopardy!	CSI: Miami				CSI: Crime Scene Invstgn.		News (N)
	10	10	10	ELTV (6) EastLink Television						EastLink Television		
	36	36	36	FOX The Simpsons	King of the Hill	TwoHalf Men	TwoHalf Men	NFL Preseason Football	San Francisco 49ers at Chicago Bears.			
	12	12	12	NBC News (N)	NBC News	Hollywood	Olympic Zone	XXIX Summer Olympics (HDTV) (Live)				
	29	29	29	NW BBC World	Business	CBC News	Beijing Today	Assignment: Beijing		CBC News: The National		National
	4	4	4	PBS-B NewsHour With Jim Lehrer	The Brain Fitness Program					Johnny Cash at Folsom Prison		
	35	35	35	PBS-D NewsHour With Jim Lehrer	Business Rpt.	BBC World		This Old Hse.	Hometime	Ask This Old	Michigan	Globe Trekker
	68	68	68	TQS Les Simpson	L'éte est Flash	Avec Albert	Campings	Supplément 4: une option sur la victoire * (2000, Action) (SC)				110 pour cent
	23	23	23	BNN Stars & Dogs	Business News		Market Call	Strictly Legal	Small Caps	Taking Stock		Market Call
	18	18	18	CNN (5) The Situation Room		Lou Dobbs Tonight		CNN Election Center		Larry King Live		Cooper 360
	54	54	54	GOLF Post Game	Top 10	Top 10	PGA Tour Golf	The Barclays -- First Round. From Paramus, N.J.				
	52	52	52	RSE Prime Time Sports		MLB Baseball New York Yankees at Toronto Blue Jays. From Rogers Centre in Toronto.						Sportsnet Con.
	55	55	55	SCOR Drive This	Game On	Stump-Schwab	Stump-Schwab	Poker Aussie Millions		Hardcore Champ. Fight		Cops Tonight
	45	45	45	SPD Unique Whips		Pinks (HDTV)	Pass Time	Pinks -- All Out		Pinks -- All Out (HDTV)		Wrecked
	53	53	53	TSN Off the Record	SportsCentre	Boxing 1993 Bowe vs. Holyfield II. (N)		CFL Pregame		CFL Football: Roughriders at Eskimos		
	43	43	43	FAM Zoey 101	Life Derek	That's Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	44	44	44	TOON 6teen	Johnny Test	George-Jungle	Tom & Jerry	Tom and Jerry	6teen	Total Drama	Futura	The Mask
	26	26	26	TREE Fifi-Florentots	Backyardigans	Ni Hao, Kai-Lan	Night Grdn	The Wiggles	Franklin	Little Bear	Miss Spider	Foam Couch
	27	27	27	YTV Drake & Josh	H2O, Just Add	Prank Patrol	Prank Patrol	Fries That?	Futura	Prank Patrol	Mystery Hnt.	Conan Beach
	16	16	16	A&E The First 48		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 "Blackout"		Jacked: Theft
	70	70	70	APTN First Talk	News	Overseas Leg.	From the Spirit	Canadian Geographic		Wheels of Thunder		The Mix
	50	50	50	BET 106 & Park: BET's Top 10 Live			Hell Date	Access	Access	The Salon ** (2005, Comedy)		
	37	37	37	BRVO Street Legal		From the Spirit	In the Mind ...	Timeline ** (2003, Adventure) Paul Walker, Frances O'Connor.				
	97	97	97	CLT Help TV		The West Wing		Last Chapter (Part 1 of 3)				Traders
	25	25	25	CMT The Ultimate Epics				Karaoke Star "Regina, SK" (N)	Reba	Hope & Faith		Home Improve.
	49	49	49	COM Laughs	Comics!	Air Force	22 Minutes	Laughs	Rick Mercer	The Simpsons	South Park	Reality Bites
	153	153	153	COURT Truth, Duty, Valour		On Trial	Texas SWAT	The Practice		Psychic Detect	Cops Uncut	Investigators
	38	38	38	DISC How It's Made	How It's Made	Daily Planet		Secrets of the Deep		The Fix	Disaster DIY	MythBusters
	48	48	48	HQTV Holmes on Homes		House Hunters	Property Virgin	Holmes on Homes		The Fix	Disaster DIY	Junk Brothers
	46	46	46	HIST Disaster-Cent.	Masterminds	NCIS "Hiatus"		Deep Wreck Mysteries		U-664: Hitler's Last Secret		NCIS
	17	17	17	MM Punk'd	Instant Star	Instant Star	Born to Be	MuchMusic Countdown		Instant Star		Instant Star
	19	19	19	MMM MusicProfile	mmmtop10.com		Back In	Canadian Idol Top Live.		Canadian Idol	Uncovered	Celebraca
	201	201	201	M1 (5:45) Catch and Release		Poor Boy's Game *** (2007, Drama)	Danny Glover	Lust, Caution ** (1980, Suspense)		Mark Williams' Big Bangs		Don't Forget
	23	23	23	OLN Don't Forget Your Passport		Exploration	Videos	Coltrane's Britain				Family Guy
	51	51	51	PEACH Friends	Seinfeld	MLB Baseball Atlanta Braves at New York Mets. From Shea Stadium in Flushing, N.Y.				The Replacement Killers (1998, Action)		
	206	206	206	PIX (6) Platoon (1986, War)		ReGenesis (HDTV)		Intelligence (DVS)		G-Spot	Exes & Ohs	The Shining
	67	67	67	RDI RDI Pékin 2008	RDI en direct	End of Leash	Til Debt-Part	Rich Bride, Poor Bride		Last 10	Bulging Brides	Biggest Loser
	39	39	39	SHOW Trailer Park	Billable Hours	Star Trek: Voyager		Star Trek: Voyager		Prom Night ** (1980, Horror)		
	40	40	40	SLICE Skin Deep	Opening Soon	Stargate SG-1 (DVS)		CSI: Crime Scene Invstgn.		TNA IMPACT! (N)		
	47	47	47	SPACE Relic Hunter		Look-A-Like	Hollywood	TMZ (N)	eTalk	Katie & Peter: Next Chapter		Ellen Show
	14	14	14	SPIKE CSI: Crime Scene Invstgn.		LA Ink (HDTV)		Battleground Earth		American Chopper (N)		Miami Ink (N)
	98	98	98	STAR Star-at Movies	Star Treatment	Inside Hollywood		ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld
	21	21	21	TLC What Not to Wear		Toute une histoire		On n'est pas couché		True Heart ** (1997, Adventure)		Partir
	34	34	34	TROP Trop Tales	Vanity Insanity	Murder, She Wrote		Fun-Funeral	Keeping Up	Confidential	Save Us-House	Open House
	20	20	20	TVS Que-champion	Journal de Fr2	Will & Grace	Friends	Divine Design	House			
	28	28	28	V Emily of Young Moon		My Wife-Kids	According-Jim	Smallville "Sleeper"		Supernatural (HDTV)		WGN News

critics' corner

Ugly Betty

Let's hope the Big 2-5 goes better. In "Twenty-Four Candles," it's Betty's (America Ferrara) birthday, and she's looking forward to some romantic time with Henry (Christopher Gorham). Unfortunately, his babymama, Charlie (Jayma Mays), decides to pay a visit, scaling back and eventually scuttling their plans. Speaking of scuttling, Wilhelmina (Vanessa Williams) tries to break up her sister and Daniel (Gabrielle Union, Eric Mabius). 9 PM on ABC ASN



XXIX Summer Olympics

Canadian runner Tyler Christopher hopes to bag gold today in his first Olympics in the men's 400 meters. The 24-year-old British Columbian holds the Canadian record of 44.44 seconds in that event, a mark he set three years ago at the world championships. 7 PM on CBC

Jacked

If you like "Cops" and its ilk, this new series will rev your engine. It follows an elite team of police officers in northern New Jersey that specializes in catching car thieves. And they do it with some of the coolest tools around: SUVs with giant bumpers capable of blocking in a stolen vehicle, automatic license plate readers and a helicopter with a heat-seeking camera, for starters. 11 PM on A&E

Portia de Rossi is considering changing her name after marrying talk show host Ellen DeGeneres on the weekend. The couple tied the knot on Saturday. Arrested Development star de Rossi plans to keep her maiden name for now. **METRO NEWS SERVICES**

Celebrity Buzz

Gosling and McAdams back on

CANADIANS Rachel McAdams and Ryan Gosling are "definitely together again."

The pair — who split last April after dating for two years — are celebrating their rekindled relationship with a holiday in Toronto.

Gossip blogger Perez Hilton said:

"Sources have revealed exclusively to me that Ryan and Rachel are definitely together again. They are on holiday in Toronto and are both very happy."

The couple, who are both Canadian, are in the city ahead of the annual Toronto International Film Festival which runs from Sept. 4 to 13.

METRO NEWS SERVICES

Exes reunion?

EXES Brad Pitt and Jennifer Aniston could reunite at this year's Toronto International Film Festival, when the exes are debuting their new flicks just two days apart.

Pitt, 44, is among the stars who will walk the red carpet gala at the festival for the North American premiere of his Coen Brothers' flick *Burn After Reading* on Sept. 5. Pitt is also expected to attend the Venice Film Festival, where his film screens on August 27.

Meanwhile, Aniston, 39, is scheduled to attend the Toronto fest to promote

her romantic comedy *Management* — about a travelling art saleswoman fighting off the advances of a flaky motel manager — which is premiering Sept. 7.

Aniston — who just split from boyfriend John Mayer — was married to Pitt from July 2000 to January 2005.

METRO NEWS SERVICES



celebrity brief

Alba's weight loss secret

BABY Just two months after giving birth to daughter Honor Marie, Jessica Alba is 25 pounds lighter — and her trainer is telling People just how she did it. Alba's trainer Ramona Braganza says she has been opting for a low-fat, low-carb diet and is training six days a week.

METRO NEWS SERVICES



Simpson hits the beer

SPOKESWOMAN Jessica Simpson has expanded her business empire once again — the entrepreneurial pop star has been signed up to promote beer. The singer/actress — who recently launched her own clothing line — has teamed up with Dallas' Stampede Brewing Company to become the new face of Stampede Light.

Plus. Although terms of the deal were not disclosed, Simpson is reportedly taking on a 15-per-cent stake in the company in return for her endorsement.

METRO NEWS SERVICES



celebrity brief

Garth, Doherty getting along

TV Jennie Garth admits she was initially uneasy about working with Shannen Doherty again. The two famously clashed during their 90210 heyday — and once got into a fistfight. But when she reunited with Doherty to shoot CW's 90210 spin-off, she tells TV Guide, "It wasn't as bad as I thought it would be. I was a little nervous because I hadn't seen or talked to her in 14 years."

METRO NEWS SERVICES



celebrity brief

Marriage drove Nielsen to booze

RELATIONSHIP Former actress Brigitte Nielsen blames her previous marriage for turning her into an alcoholic — insisting she turned to drink because she was

miserable. The Danish-born star divorced her fourth husband, Raoul Meyer, in 2005 and is now married to Italian bartender Mattia Dessi.

METRO NEWS SERVICES



Voight lashes out at Barr

DISPUTE Angelina Jolie's dad Jon Voight has blasted TV star Roseanne Barr for her attack on his daughter and her partner Brad Pitt. Voight is livid with the attack on his daughter — and claims Barr is suffering from the trauma of being abused as a child, reports Usmagazine.com. He says, "We can never be surprised at what vile evil comes from the mouth of a confessed victim of child abuse."

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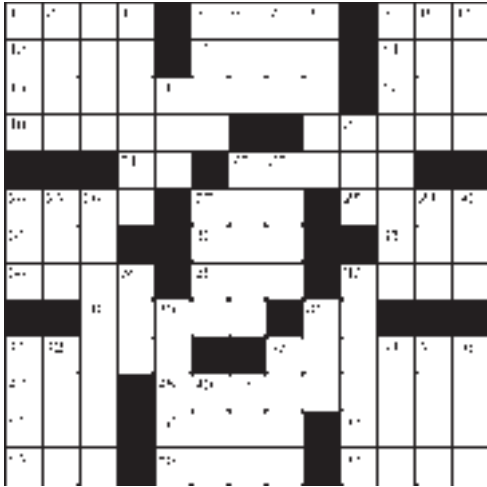
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Lovers on tour

Sir Paul McCartney has invited his new girlfriend to join him on tour. The former Beatle was set to embark alone, but after enjoying a recent road trip around America with Nancy Shevell, he has now asked her to travel around the world with him. **MUSIC-NEWS.COM**



Take Five



Crossword down

- 1 "Dragnet" star
- 2 Caboose's position
- 3 Actress Jessica
- 4 Hitchcock classic
- 5 Shakespeare, for one
- 6 Carte lead-in
- 7 Heavy weight
- 8 Passover meal
- 9 Using extreme care
- 10 Pennsylvania port
- 11 Gotta have
- 16 Whiz precursor
- 20 Stickum
- 22 TV's "French Chef"
- 23 Has a bug
- 24 Retriever type
- 25 Indivisible
- 26 "They Shoot Horses,

- Don't They?" actor
- 27 Heart
- 29 Speed along
- 30 Chow down
- 35 Bart, to Homer
- 37 — Springs, Fla.
- 39 Vessel
- 40 That girl
- 41 Combustible heap
- 42 Session with a shrink
- 43 Titanic downfall
- 44 — contendere
- 45 Slanted type (Abbr.)
- 46 Girl in a Salinger story
- 49 "Eureka!"
- 50 Beige

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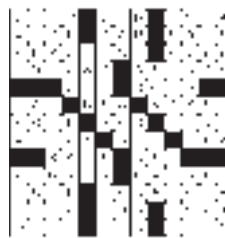
Crossword across

- 1 Swathe
- 5 Cuckoo
- 9 Barbie's companion
- 12 Morays, e.g.
- 13 Lotion additive
- 14 Anger
- 15 Piano style
- 17 Conk out
- 18 Reinforced
- 19 Urged (on)
- 21 The guy
- 22 Yuletide melody

- 24 Trademark symbol
- 27 Actor McBride
- 28 Leak slowly
- 31 Blackbird
- 32 Lubricate
- 33 By way of
- 34 Seeks alms
- 36 Literary monogram
- 37 Sobbed
- 38 Joined, as oxen
- 40 "Greetings!"
- 41 Agent 86's shoe, e.g.

- 43 Elton John's "— and the Jets"
- 47 Addressee
- 48 Ore-Ida product
- 51 Skedaddle
- 52 Burn somewhat
- 53 Ancient Persian Gulf country
- 54 Work unit
- 55 Suspend
- 56 Characterization

previous day's answer



Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

The completion of a pact is just up ahead. A tiresome person's madness increases. A male will have an increasingly good effect.

TAURUS

APRIL 21-MAY 21

People want to talk about love. Find a better approach to working with a gossip. Frustration will lead to a crucial confrontation.

GEMINI

MAY 22-JUNE 21

A friend will give you insight into a stressful situation. Don't act against your better judgment. Emotional ties will call for clever analysis.

CANCER

JUNE 22-JULY 22

Give your blessing to a project. A violent temper needs therapeutic intervention. Don't be a slave to a difficult habit.

LEO

JULY 23-AUG 23

A clash between loved ones will end well. You'll feel awful about breaking a promise. Get away from work as early as you can.

VIRGO

AUG 24-SEPT 22

Profound thoughts will blow your mind. Make sure that your wallet is safe before going out. News about a celebration is disturbing.

LIBRA

SEPT 23-OCT 23

Love inspires a fresh start. Someone with an evil side is full of mixed messages. An authority figure distrusts a word of warning.

SCORPIO

OCT 24-NOV 22

Honesty is rewarded by a foreigner. Don't blame a friend for emotional blindness. A security blanket causes a minor spat.

SAGITTARIUS

NOV 23-DEC 21

You won't give in to brainwashing. A secret task will soon be public knowledge. Do not criticize a co-worker.

CAPRICORN

DEC 22-JAN 20

An arrogant fool makes a fatal error with his assets. Road hazards are a pain in the neck. You're able to triumph at a meeting.

AQUARIUS

JAN 21-FEB 18

Opportunities for work will come through. Your dedication to loved ones is repaid. A colleague makes a romantic move.

PISCES

FEB 19-MAR 20

An older man requires your enthusiastic presence. Get out into the world to refresh your spirit. A wicked realist has to seek forgiveness.

Sudoku

5		6				2		8
	8		6		7		9	
7			9		8			4
		2	5		9	4		
		9	8		1	7		
2			1		6			7
	5		3		2		6	
3		1				9		2

This day in history

AUG. 21, 1770: James Cook formally claims eastern Australia for Great Britain, naming it New South Wales.

AUG. 21, 1831: Nat Turner leads black slaves and free blacks in a rebellion.

AUG. 21, 1911: The Mona Lisa is stolen by a Louvre employee.
AUG. 21, 1968: James Anderson, Jr. posthumously receives the first Medal of Honor to be awarded to an African American U.S. Marine.

AUG. 21, 1993: NASA loses contact with the Mars Observer spacecraft.

AUG. 21, 2001: NATO decides to send a peace-keeping force to the former Yugoslav Republic of Macedonia. **METRO NEWS SERVICES**

HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

7	9	3	5	6	2	8	1	4
8	4	6	1	9	3	2	5	7
5	2	1	8	7	4	9	6	3
2	5	7	9	4	8	1	3	6
4	3	9	6	5	1	7	8	2
1	6	8	3	2	7	5	4	9
3	7	5	2	8	6	4	9	1
9	1	4	7	3	5	6	2	8
6	8	2	4	1	9	3	7	5

SUDOKU SOLVE TIME IN MINUTES:

Under 13: Genius
13-17: Scholar

17-21: Smart
21-25: Not bad
25+ Keep practising
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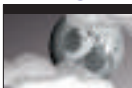
Halifax weather

Afternoon



Mainly sunny.
22°

Tonight



Clear.
13°

Friday



Sunny.
25° / 15°

Saturday



Partly cloudy.
25° / 15°

The Weather Network
theweathernetwork.com
Sunday



Mainly sunny.
24° / 14°

Temperature
Normals
High: 21.9°
Low: 13.2°

Records
High: 27.3°/2003
Low: 9.4°/1947

Sunrise: 6:24 a.m.
Sunset: 8:09 p.m.
Moonset: 11:52 a.m.
Moonrise: 9:58 p.m.

TWN incorporates MSC data

The Weather Network
theweathernetwork.com

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